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AUTHOR Laing, Susan J.; Bruess, Clint E.
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ABSTRACT

This book provides six lessons that help high school teachers increase students' knowledge about self-esteem, develop students' positive attitudes about themselves, and build skills to enhance everyday communication and decision making. This module is designed to show students the links between their self-concepts, self-expressions, and choices involving health behaviors. The book: (1) focuses on self-esteem as the key component of clear communication and healthy behavior; (2) reveals the many factors influencing healthy behavior; (3) presents realistic ways to improve self-image; (4) provides a step-by-step evaluation of the decision-making process; (5) discusses levels and types of communication; and (6) offers guidelines for resolving interpersonal conflict. (JD)

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